



Quota Club International of Aruba urges everyone to “Be the Best you can be!”

On Saturday, May 26, the 19th Annual Quota Club of Aruba seminar will take place in the Renaissance Conference Center in Oranjestad. Featured this year is motivational speaker Dr. Roy Martina, born in Curaçao, but raised and educated in Aruba and Holland. Dr. Martina has written several books in various languages, having to overcome personal physical challenges to “be the best he can be.”

This is the subject of Dr. Martina’s seminar, which will take place from 11:30 AM until 4:30 PM and costs 85 Aruban florins per person, including lunch. President Susana Maduro and Project Coordinator Evelyn Croes Wever Tchong announced that this lecture is the “kick-off” event of the 20th anniversary celebration of Quota Club International Aruba, and so will be conducted differently than past seminars.

About this years speaker: Roy Martina was born in Curacao in 1953, suffered from bronchitis and was diagnosed as being ADHD. This did not stop him from participating in martial arts disciplines as a child and later winning the title of Dutch Middleweight Champion in Karate. He was raised in Aruba where he attended Colegio Arubano and then continued his studies at the University of Utrecht in Holland, majoring in medicine, as it was his ambition to become a surgeon.

Injuries sustained during a car accident at the age of twenty-two caused Dr. Martina to change his perspective, and examine a direction wherein individuals take responsibility for their own vitality and health. He soon came to the conclusion that traditional medical practices do not give adequate responses to chronic diseases and their prevention.

Dr. Martina earned his medical degree “cum laude” in 1978, achieving the distinction of being the youngest doctor to do so in Holland. After practicing in Aruba, he decided to dedicate his life to research and publishing his findings.

Dr. Martina devised a system of therapy designated as “*Neuro Emotional Integration*” (NEI,) training hundreds of therapists in this procedure. He also developed techniques and courses titled “‘*Emotional Balance*’, ‘*Omega Health Coaching*’ and ‘*NEI Plus*,” which approach problems through a wellness program of curative and preventative health care.

Dr. Martina strongly believes in helping people create optimal emotional, mental and physical health, incorporating his won positive experience in overcoming obstacles to develop what he calls a “success chain.” He is convinced that a happier and healthier life is based on five areas: the body, relationships, possessions, growth, and a sense of purpose in life. Attaining success in these areas will bring emotional balance, and Dr. Marina promises that his seminar will help individuals to discover and develop their “success chain.”

Dr. Martina is the founder of the Roy Martina Academy, and the Roy Martina Experience. His “Relief Foundation” funds NEI therapy for disadvantaged children. In 2005, he began a new project, *LIFE Experience Personal Coaching*, a course that teaches people to coach themselves and to get more out of life. He asserts it will truly guide them to success in life. Author of more than 50 books on vitality and wellbeing, his works have been translated into eight languages, and his yearly lecture schedule includes at least fourteen different countries. His aim is to empower people with tools and control techniques to take responsibility for their own emotional, mental and physic health. More information about Dr. Martina and his writings and practice can be found at his website, www.roymartina.com. Tickets to the Quota Club International Aruba Seminar can be purchased by calling 561-3000.